

USDA National Nutrient Database for Standard Reference Release 28

Full Report (All Nutrients) 10048, Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean only, raw

Report Date: October 23, 2015 10:30 EDT

Nutrient values and weights are for edible portion.

Food Group : Pork Products

Common Name: Centercut pork loin, Rib cut chops, Rib chops

Carbohydrate Factor: 3.87 Fat Factor: 9.02 Protein Factor: 4.27 Nitrogen to Protein Conversion Factor: 6.25

Refuse:40% Refuse Description: Bone 22%, Connective tissue, 12%, separable fat 6%

Nutrient	Unit	1 Value Per 100 g	Data points	Std. Error	3.0 oz 85g	1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 151 g)	
Proximates							
Water ¹	g	72.40	12	0.301	61.54	62.26	
Energy	kcal	136	--	--	116	117	
Energy	kJ	570	--	--	484	490	
Protein ¹	g	21.79	12	0.479	18.52	18.74	
Total lipid (fat) ¹	g	4.80	12	0.377	4.08	4.13	
Ash ¹	g	1.01	12	0.042	0.86	0.87	
Carbohydrate, by difference	g	0.00	--	--	0.00	0.00	
Fiber, total dietary	g	0.0	--	--	0.0	0.0	
Sugars, total	g	0.00	--	--	0.00	0.00	
Minerals							
Calcium, Ca ¹	mg	24	12	3.236	20	21	
Iron, Fe ¹	mg	0.61	12	0.021	0.52	0.52	
Magnesium, Mg ¹	mg	25	12	0.417	21	22	
Phosphorus, P ¹	mg	216	12	3.497	184	186	
Potassium, K ¹	mg	359	12	5.751	305	309	
Sodium, Na ¹	mg	60	12	1.422	51	52	
Zinc, Zn ¹	mg	1.97	12	0.061	1.67	1.69	
Copper, Cu ¹	mg	0.068	12	0.005	0.058	0.058	
Manganese, Mn ¹	mg	0.009	12	0.002	0.008	0.008	

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	3.0 oz 85g	1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 151 g) 86g
Selenium, Se ¹	µg	38.3	12	5.446	32.6	32.9
Vitamins						
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0	0.0
Thiamin	mg	0.484	--	--	0.411	0.416
Riboflavin	mg	0.186	--	--	0.158	0.160
Niacin	mg	6.685	--	--	5.682	5.749
Pantothenic acid	mg	0.725	--	--	0.616	0.624
Vitamin B-6	mg	0.735	--	--	0.625	0.632
Folate, total	µg	0	--	--	0	0
Folic acid	µg	0	--	--	0	0
Folate, food	µg	0	--	--	0	0
Folate, DFE	µg	0	--	--	0	0
Choline, total	mg	57.9	--	--	49.2	49.8
Betaine	mg	3.0	--	--	2.6	2.6
Vitamin B-12	µg	0.50	--	--	0.42	0.43
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	0	--	--	0	0
Retinol	µg	0	--	--	0	0
Carotene, beta	µg	0	--	--	0	0
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0
Vitamin A, IU	IU	0	--	--	0	0
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0
Vitamin E (alpha-tocopherol)	mg	0.13	--	--	0.11	0.11
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Vitamin D (D2 + D3)	µg	0.5	--	--	0.4	0.4
Vitamin D3 (cholecalciferol)	µg	0.5	--	--	0.4	0.4
Vitamin D	IU	19	--	--	16	16
Vitamin K (phylloquinone)	µg	0.0	--	--	0.0	0.0
Lipids						
Fatty acids, total saturated	g	1.617	--	--	1.374	1.391
4:0	g	0.000	--	--	0.000	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	3.0 oz 85g	1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 151 g)
						86g
6:0	g	0.000	--	--	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000
10:0	g	0.003	--	--	0.003	0.003
12:0	g	0.002	--	--	0.002	0.002
14:0	g	0.058	--	--	0.049	0.050
15:0	g	0.000	--	--	0.000	0.000
16:0	g	1.010	--	--	0.858	0.869
17:0	g	0.013	--	--	0.011	0.011
18:0	g	0.525	--	--	0.446	0.452
22:0	g	0.000	--	--	0.000	0.000
Fatty acids, total monounsaturated	g	1.999	--	--	1.699	1.719
14:1	g	0.000	--	--	0.000	0.000
15:1	g	0.000	--	--	0.000	0.000
16:1 undifferentiated	g	0.122	--	--	0.104	0.105
17:1	g	0.002	--	--	0.002	0.002
18:1 undifferentiated	g	1.846	--	--	1.569	1.588
18:1 c	g	1.821	--	--	1.548	1.566
18:1 t	g	0.025	--	--	0.021	0.022
20:1	g	0.029	--	--	0.025	0.025
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.524	--	--	0.445	0.451
18:2 undifferentiated	g	0.449	--	--	0.382	0.386
18:2 n-6 c,c	g	0.436	--	--	0.371	0.375
18:2 t,t	g	0.013	--	--	0.011	0.011
18:3 undifferentiated	g	0.018	--	--	0.015	0.015
18:3 n-3 c,c,c (ALA)	g	0.018	--	--	0.015	0.015
18:3 n-6 c,c,c	g	0.000	--	--	0.000	0.000
18:4	g	0.000	--	--	0.000	0.000
20:2 n-6 c,c	g	0.016	--	--	0.014	0.014
20:3 undifferentiated	g	0.001	--	--	0.001	0.001
20:4 undifferentiated	g	0.039	--	--	0.033	0.034
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	3.0 oz 85g	1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 151 g)
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Cholesterol	mg	56	--	--	48	48
Amino Acids						
Tryptophan ^{1 2}	g	0.229	--	--	0.195	0.197
Threonine ^{1 2}	g	0.978	--	--	0.831	0.841
Isoleucine ^{1 2}	g	1.072	--	--	0.911	0.922
Leucine ^{1 2}	g	1.856	--	--	1.578	1.596
Lysine ^{1 2}	g	2.021	--	--	1.718	1.738
Methionine ^{1 2}	g	0.600	--	--	0.510	0.516
Cystine ^{1 2}	g	0.251	--	--	0.213	0.216
Phenylalanine ^{1 2}	g	0.916	--	--	0.779	0.788
Tyrosine ^{1 2}	g	0.829	--	--	0.705	0.713
Valine ^{1 2}	g	1.139	--	--	0.968	0.980
Arginine ^{1 2}	g	1.450	--	--	1.232	1.247
Histidine ^{1 2}	g	0.941	--	--	0.800	0.809
Alanine ^{1 2}	g	1.279	--	--	1.087	1.100
Aspartic acid ^{1 2}	g	2.132	--	--	1.812	1.834
Glutamic acid ^{1 2}	g	3.479	--	--	2.957	2.992
Glycine ^{1 2}	g	0.982	--	--	0.835	0.845
Proline ^{1 2}	g	0.881	--	--	0.749	0.758
Serine ^{1 2}	g	0.942	--	--	0.801	0.810
Hydroxyproline	g	0.056	--	--	0.048	0.048
Other						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0

Sources of Data

¹National Pork Board (NPB) Pork Study - Natural Cuts - 2006, 2006

²National Pork Board (NPB) Pork Value Cuts 2007, 2007